BULLDOG SUMMER STRENGTH AND CONDITIONING MANUAL

Dear Dawg,

As you begin your preparation for the season you need to keep in mind the level of expectation which has been established here at Southwestern Oklahoma State University by previous Bulldog teams. The goal of playing for a championship are achieved not only with great talent, but also a daily commitment, consistency and discipline to be the best conditioned team in the entire country. As a Dawg preparing for the season, will you challenge yourself to reach an even greater standard? You have a responsibility to your teammates to report in the best physical condition possible.

This manual should help you and the rest of the Dawgs in many areas such as:

Increase your ***Speed and Strength***.

Ensure you report in ***Great Physical Condition,*** which allows the team to be ahead of schedule during pre-season camp.

Improve your individual ***Mobility, Agility, and Quickness.***

Your attitude throughout the summer in following these workouts is critical. So, approach each workout with the mental and physical intensity to get better each and every day.

Sincerely,

Cade Oller
Head Strength and Conditioning Coach
Southwestern Oklahoma State University

GO DAWGS!!!

June

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 -Speed & Agilities -Weights	9 -Conditioning	10 -Weights	11 -Speed & Agilities	12 -Weights -Conditioning	13
14	15 -Speed & Agilities -Weights	16 -Conditioning	17 -Weights	18 -Speed & Agilities	19 -Weights -Conditioning	20
21	22 -Speed & Agilities -Weights	23 -Conditioning	24 -Weights	25 -Speed & Agilities	26 -Weights -Conditioning	27
28	29 -Speed & Agilities -Weights	30 -Conditioning				

July

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 -Weights	2 -Speed and Agilities	3 -Weights -Conditioning	4
5	6 -Speed and Agilities -Weights	7 -Conditioning	8 -Weights	9 -Speed and Agilities	10 -Weights -Conditioning	11
12	13 -Speed and Agilities -Weights	14 -Conditioning	15 -Weights	16 -Speed and Agilities	17 -Weights -Conditioning	18
19	20 -Speed and Agilities -Weights	21 -Conditioning	22 -Weights	23 -Speed and Agilities	24 -Weights -Conditioning	25
26	27 -Speed and Agilities -Weights	28 -Conditioning	29 -Weights	30 -Speed and Agilities	31 -Weights -Conditioning	

August

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 -Speed and Agilities -Weights	4 -Conditioning	5 -Weights	6 -Speed and Agilities	7 -Weights -Conditioning	8
9	10 -Speed and Agilities -Weights	11	12 -Weights	13 -Speed and Agilities	14 -Weights	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Fall Camp

BULLDOG FOOTBALL GOALS

	BENCH PRESS	BACK SQUAT	POWER CLEAN	225 REPS	VERTICAL JUMP	BROAD JUMP	40 YD. DASH	PRO SHUTTLE	L-DRILL
OFFENSIVE LINE	400	600	330	26	28"	8'6"	5.3	4.65	7.7
TIGHT ENDS	350	550	315	20	32"	9'3"	4.8	4.26	7.2
RUNNING BACKS	330	450	300	16	35"	10'	4.5	4.2	7.1
RECEIVERS	310	450	275	12	37"	10'	4.5	4.15	7
QUARTERBACKS	310	450	250	12	32"	9'6"	4.7	4.28	7.2
DEFENSIVE TACKLES	400	600	330	28	28"	8'8"	5	4.56	7.7
DEFENSIVE ENDS	365	550	315	23	33"	9'2"	4.8	4.31	7.4
LINEBACKERS	360	525	315	22	34"	9'5"	4.7	3.2	7.2
SAFETIES	330	500	300	16	35"	10'	4.6	4.1	7
CORNERS	310	450	275	12	37"	10'	4.5	4.05	6.9
KICKERS/PUNTERS	300	400	250	10	30"	8'6"	5.1	4.4	7.4

NUTRITION

SWOSU Football

NUTRITION GUIDELINES FOR STUDENT-ATHLETES

Goals of the Performance Diet

1. You will need to make a genuine, self motivated commitment to improve your diet and lifestyle consistently.
2. Plan your meals and snacks to make positive food choices that will help you perform and achieve your goals.
3. Choose balanced meals with a variety of wholesome foods that your body needs to compete each day.
4. Manage your overall lifestyle to prepare for technician style training and championship performances.

The Players

Carbohydrate

Simplest definition: Potential Energy. **The body's preferred fuel source for basic functions and intense training.** Provides four calories per gram of carbohydrate consumed. Carbohydrates (i.e. carbs) should supply the majority of your total calories each day. Carbohydrates can be either simple or complex and will affect your energy levels and performance differently depending on the amounts of total carbohydrate, fiber and fat that are consumed. This proportion of nutrients and the effect it has on your overall blood sugar content is known as the Glycemic Index (GI) of a food. Foods with a high GI will lead to a rapid spike in your energy levels followed by a drastic decline. Whereas, foods with a lower GI will provide a more steady supply of energy which can improve your performance in practice and competition by sustaining your energy levels.

Protein

Simplest definition: Muscle. Is a combination of individual pieces (amino acids) that unite to form one functional unit or fiber, that will contribute to assembling an individual strand of muscle. Protein can supply energy if carbs or fat are not available but is the last resort fuel for your body. Protein can provide four calories per gram if necessary. **Adequate protein intake in your diet is critical to the recovery following training, especially strength training.**

Fat

Simplest definition: Stored Energy. **The largest and most efficient fuel source available to your body at rest.** Fat is an essential nutrient that helps to provides a feeling of satisfaction after a meal. Fish oils and unsaturated plant Sources are the best. A reserve energy supply and compliment to Carbohydrates, fat provides nine calories per gram. Your body will strive to protect a specific amount of fat stores based on your individual genetics.

The Game Plan

1. Schedule meal planning and nutrient timing to improve mood, increase energy and enhance performance.
Eat breakfast within one hour of waking up everyday. Jump start your metabolism and fuel your body for the day.
Eat small frequent meals early and often. Either five or six small meals each day, eaten every three hours.
Drink water throughout the day. With every meal, before bed and when you wake up. Carry a water bottle with you.
Make pre and post-workout nutrition a priority. 30 minute recovery window is critical to recover and rebuild the body.

2. Choose balanced meals with a variety of foods that you like to eat and others you know you need to eat.
Substitute simple calorie-dense carbohydrates such as white breads with nutrient-dense carbohydrates, specifically fruits and vegetables. Select a variety of colors for your fruit and vegetable choices. Is that a salad or ranch soup?!?!
Select wholesome foods that are not processed and packaged. Fruits and nuts as snacks instead of potato chips.
Control your portion sizes, limit obvious poor choices such as fried foods, dressings, soft drinks, sweets, and alcohol.
Have your favorite indulgences (sweets, pizza, fast food, soft drinks) in moderation only one to two days per week.

3. Manage your overall lifestyle to avoid extremes and promote the development of healthy habits.
Consistently average eight hours of sleep per night with a 20 minute power nap during the day whenever possible.
Hydration is the foundation of your metabolism. Drink fluids on a schedule pre, during and post training. 2% Rule!
Alcohol consumption will inhibit your ability to burn fat, utilize carbs, recover from training, develop lean muscle and will increase dehydration and hormone release of estrogen and cortisol while decreasing testosterone levels.
You are what you eat! Your daily choices will determine your preparation to perform and your ability to focus & finish!

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NUTRITION GUIDELINES FOR STUDENT-ATHLETES

The Role of the Glycemic Index (GI) in Meal Planning and Nutrient Timing

What is the GI and what does it mean?

- The GI refers to how quickly carbohydrates are digested then absorbed and released into the bloodstream for use by the body. The GI of a food is determined by the amount eaten, fiber and fat content, in addition to the way it is prepared.

Why should I care?

- As a competitive athlete you can improve your performance by increasing your focus and endurance with well planned meals.

What is the plan?

- To choose foods with a lower GI before practice or training to supply a steady flow of energy that will sustain your best efforts through challenging workouts. Then enhance your recovery for the next practice or competition by eating foods with a higher GI during the first 30 minutes after your training session is completed.

The Performance Diet Glycemic Index Chart

Ranked from fastest to slowest glycemic response

High GI = During or immediately after training and competition to maintain energy levels

Simple Sugars – Glucose, Fructose, Sucrose, Maltose	Sugary Sweets = Soft Drinks, Candy, Cookies
Grains = Cereals, Potatoes, Crackers, White Bread or Bagels, Pretzels, Waffles, Pancakes	
Sports Drinks = Gatorade, Cytomax, PowerAde	

Moderate GI = Before training to sustain energy levels and delay fatigue

Whole Grains = Whole Wheat Bread or Bagels, Raisin Bran, Oatmeal, Pita Bread, Corn Tortillas,	
Fleshy Fruits = Kiwi, Grapes, Mango, Raisins, Strawberries	Rice = Brown or Whole Grain White
Starchy Vegetables = Sweet Potatoes Peas, Corn	100% Fruit Juices = Orange, Apple, Cranberry
Bananas	Energy/Recovery Bars and Shakes

Low GI = Before training to sustain energy levels and delay fatigue

Fleshy Fruits = Apple, Pear, Plum, Peach, Apricots	Citrus Fruits (Fresh) = Oranges, Grapefruit
Beans = Navy, Pinto, Black, Green, Lima	Nuts = Peanuts, Cashews, Walnuts, Almonds
Milk = Whole, 2%, Skim, Chocolate	Tomatoes or Tomato Juice
Yogurt = No and Low Fat Fruit	Whole Grains = Barley, All-Bran Cereal

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TOP 10 ANTI-INFLAMMATORY FOODS

1. **Wild Alaskan Salmon**
2. **Kelp**
3. **Extra Virgin Olive Oil**
4. **Cruciferous Vegetables**
5. **Blueberries**
6. **Turmeric**
7. **Ginger**
8. **Garlic**
9. **Green Tea**
10. **Sweet Potato**

TOP 10 INFLAMMATORY FOODS (Avoid)

1. **Sugar**
2. **Common Cooking Oils**.
3. **Trans Fats**
4. **Dairy**:
5. **Feedlot-Raised Meat**
6. **Red and Processed Meat**
7. **Alcohol**
8. **Refined Grains**
9. **Artificial Food Additives**
10. **Fill in the Blank**: Do you constantly have headaches or feel tired? Sometimes, you may develop an allergy to a food and not even know it. Coffee, certain vegetables, cheese

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NUTRITION GUIDELINES FOR STUDENT-ATHLETES

The Top 25 Food Choices in the Performance Diet

1. **Water =** the single most essential component that represents 80% of your body and 65% of your weight.
2. **Beans** = top ranked carbohydrates like green, black, kidney, lima and pinto provides protein, a low GI, fiber, and minerals essential to overall metabolism.
3. **Poultry** = top ranked proteins such as baked, roasted or grilled skinless chicken and turkey breasts contributes an excellent portion of protein with an unmatched protein to fat ratio.
4. **Green Leafy Vegetables** = national champion carbohydrates like broccoli and spinach, even leafless green, red, and yellow peppers have antioxidant vitamins and minerals and also delivers a significant portion of fiber.
5. **Citrus Fruits and Juices** = national champion carbohydrates including oranges, grapefruits, and tangerines supply the antioxidant vitamin C, potassium, fiber and are easily transported as a wholesome snack.
6. **Grilled or Baked Fish** = national champion protein choices like salmon, tuna, sardines and herring deliver a significant amount of protein and the essential omega-3 fatty acids. Also includes pre-packaged selections.
7. **Bananas =** national champion carbohydrate provides excellent amounts of potassium and fiber with no fat contribution and comes wrapped for easy storage and transport as a wholesome snack.
8. **No-Fat Dairy Products** = national champion protein selections such as skim milk, cottage cheese and yogurt that deliver a solid protein to fat ratio and an excellent source of calcium for strong bones.
9. **Berries** = national champion carbohydrates such as strawberries, blueberries, blackberries and raspberries provide solid amounts of antioxidants, specifically vitamin C, and potassium with no fat content.
10. **Whole Grains** = conference champion carbohydrates include adult cereals, oatmeal, in addition to whole grain rice, bagels and sandwich breads like wheat or rye. Provide excellent amounts of fiber, iron, folic acid and zinc.
11. **Lean Beef** = conference champion proteins like flank sirloin and filet steak, in addition to roast beef and lean ground beef meats that supply a good protein to fat ratio, B-complex vitamins and iron.
12. **Sweet Potatoes** = conference champion carbohydrate that is more of a vegetable than a starch. Contributes more protein, vitamins and minerals than a regular potato with a lower GI.
13. **Tomatoes and Crushed Tomato**= conference champion carbohydrates can be included in a salad, pizza or pasta sauce or as a juice drink that delivers solid amounts of potassium, fiber, vitamin C, carotenes and lycopene which can provide a powerful defense against several forms of cancer.
14. **Nuts** = conference champion protein source such as peanuts, almonds, walnuts and pecans which supply a solid amount of protein with essential fatty acids and the antioxidant vitamin E. A wholesome and mobile snack.
15. **Fleshy Fruits** = conference champion carbohydrates like apples, grapes, peaches and plums that supply a quality amount of fiber and significant contributions of water but less vitamins and minerals than other fruits.
16. **Eggs** = conference champion protein source that delivers a solid protein to fat ratio with essential fatty acids and has the potential to reach national champion status by hard boiling and removing the yolk.
17. **Starchy Vegetables** = conference champion carbohydrates like peas, carrots, corn, squash, cauliflower, cabbage and Brussels sprouts and potatoes provide a quality source of fiber and essential vitamins and minerals.
18. **Low-fat Dairy Products** = conference champion proteins such as 2% milk, reduced fat cheeses and regular yogurt that supply a good protein to fat ratio while providing an excellent source of calcium.
19. **Lean Pork and Ham =** conference champion protein choices that can provide a solid protein to fat ratio if trimmed and prepared either baked or grilled rather than fried.
20. **Sports Drinks =** Powerade or Gatorade quickly replenishes lost water, electrolyte and muscle glycogen stores.
21. **Dried Fruits =** conference champion carbohydrate that is a longer lasting, more easily transported version of berries, bananas, or fleshy fruits which has lost some vitamins and minerals in the drying process.
22. **Peanut Butter** = conference champion protein that has a solid protein to fat ratio with no cholesterol. An inexpensive and ready-to-eat protein source is an excellent compliment to many ranked carbohydrates.
23. **Grains =** conference champion carbohydrates such as pasta, tortillas, pita bread, cornbread, whole grain crackers and popcorn. Have a moderate GI and provide good sources of fiber, iron, zinc and folic acid.
24. **Olive Oil** = only ranked fat source is also the healthiest but still best in moderation. An excellent substitution to heavier more saturated salad dressings or cooking oils like canola or peanut oil.
25. **Energy/Recovery Shakes & Bars** = potential conference champion protein and carbohydrate choice depending on content, can provide an optimal ratio of carbohydrate to protein to ensure muscle protein and glycogen re-synthesis. Affordable and transportable meal replacement when better options are not convenient.

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NUTRITION GUIDELINES FOR STUDENT-ATHLETES

The Performance Diet Carbohydrate Rankings
Based on Vitamin, Mineral, Fiber and Fat Content, and Glycemic Index

All American Championship Choices
Beans: Green, Black, Kidney, Lima, Navy and Pinto
Green Leafy Vegetables: Broccoli, Spinach, and Green, Red and Yellow Peppers /Green
Citrus Fruits and Juices: Oranges, Grapefruits, and Tangerines
Bananas
Berries: Strawberries, Blueberries, Blackberries, and Raspberries even Kiwis and Cantaloupes

All Conference Championship Choices
Whole Grains: Smart Start, Raisin Bran, Cheerios, Shredded Wheat, Grape Nuts and other Whole Grain Cereals Oatmeal, Whole Grain "Brown" Rice, Whole Wheat Bagels and Sandwich Breads
Tomatoes and Tomato Sauce: Fresh slices, Roma, Cherry and Marinara pasta sauces
Sweet Potatoes
Starchy Vegetables: Peas, Carrots, Corn, Squash Cauliflower, Cabbage, Brussels Sprouts, and Potatoes
Fleshy Fruits: Peaches, Plums, Grapes, Apples, and Pears
Dried Fruits: Processed versions of fresh original food
Grains: Pastas, Tortillas, Pita Bread, Cornbread, Popcorn and Whole Grain Crackers

Average Choices
Sweets: Cookies, Cakes, Candy, Doughnuts, Pastries and Ice Cream
Sweetened Cereals: Frosted Flakes, Fruity Pebbles, Super Golden Crisp, other Kids Cereals
Simple Starches: French Fries, White Breads and Rice, Mashed Potatoes, Potato Chips

The Performance Diet Protein Rankings
Based on Protein to Fat Ratio

All American Championship Choices
Poultry: Grilled Skinless Chicken Breasts and Roasted Turkey Breast
Grilled or Baked Fish: Salmon, Tuna, Sardines, Herring, Mackerel, Swordfish and Bluefish
No-fat Dairy Products: Skim Milk, No-fat Yogurt
Beans: Green, Black, Kidney, Lima, Navy and Pinto
Egg Whites: Hard boiled without the yolk

All Conference Championship Choices
Lean Beef: Flank, Sirloin, Filet, Lean Roast Beef, Lean Ground Beef
Nuts: Peanuts, Almonds, Walnuts, and Pecans
Eggs: Whole eggs with the yolk, scrambled, omelets, etc.
Low-fat Dairy Products: 2% Milk, Yogurt, and reduced fat Cheeses
Lean Pork and Ham: must be at least 85% lean deli cuts or baked and trimmed chops or slices
Energy/Recovery Shakes: Gatorade Nutrition Shakes, Muscle Milk, etc.
Peanut Butter: All natural and low-fat versions are the best choice

Average Choices
Fried Meats: Hamburgers, Bacon, Chicken, Fish, Turkey, Ham, etc.
Processed Meats: Hot Dogs, Pork Sausages, Bratwurst, Salami, Bologna, etc.
Breaded Meats: Chicken or Fish
Fatty Beef: Ground Beef, Ground Chuck, Ribeye Steaks, etc.
Chicken with Skin: The skin is all fat

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NUTRITION GUIDELINES FOR STUDENT-ATHLETES

The Performance Diet Priority Pyramid

Sleep – an average of 8 hours per night consistently, a 20 minute power nap per day if possible

Water – 16-24 oz. before, 8-12 oz. every 20 minutes during, 16-24 oz. for every pound after exercise

Lean Proteins – skinless, grilled, baked meat, non-low fat dairy, energy/recovery bars

Fruits – whole, fresh, juice, dried, canned in own juice

Vegetables – fresh raw, steamed, cooked, frozen, canned

Grain Carbohydrates / Fruit & Vegetable Juices

Unsaturated Fats – Sunflower seeds, Nuts

Supplements – after staff consultation

Junk Food - portion control

***Alcohol intake will interfere with recovery from training, disrupt sleep cycles, and lead to dehydration!**

The Performance Diet Grocery Staples

Pantry	Refrigerator	Freezer
Whole Grain Breads	Water	Frozen Vegetables
Whole Grain Cereals	Whole Fresh Fruits	Frozen Fruits
Low Sodium Soups	Whole Fresh Vegetables	Frozen Skinless Chicken Breasts
Granola Bars	100% Fruit Juices	Lean Beef
Raisins / Dried Fruits	Eggs	Low-fat Skillet Meals
Oatmeal	Lean Sandwich Meats	
Wheat Crackers	No/low fat Yogurt	
Pretzels	No/low fat Skim Milk	
Canned Fruits	No/low fat Cottage Cheeses	
Canned Vegetables	V-8 Juice	
Canned Tuna, Salmon, Chicken	Tortillas	
Spaghetti and Sauces	No/low fat String Cheeses	
Peanuts, Almonds, Sunflower Seeds	No/low fat Grated Cheeses	
Peanut Butter	Fresh Low Sodium Soups	
Whole Grain Rice		
Potatoes/ Sweet Potatoes		

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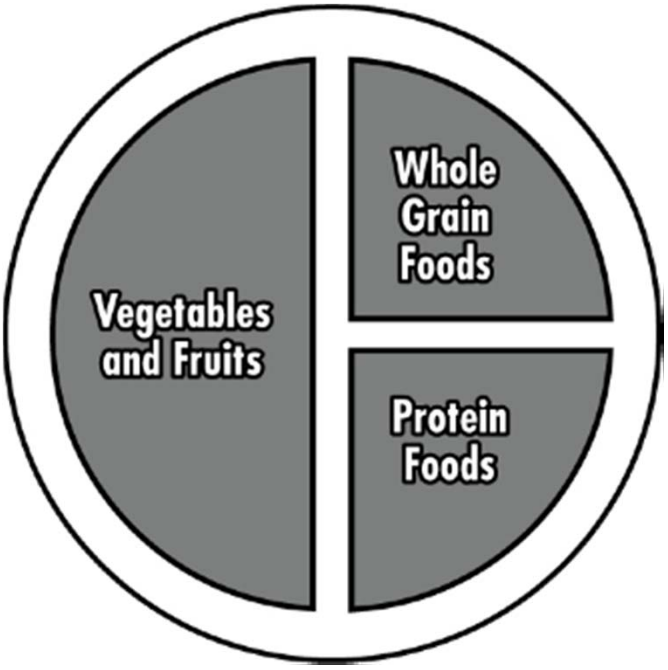
NUTRITION GUIDELINES FOR STUDENT-ATHLETES

The Performance Diet Plate Set-up



Vegetables & Fruits	Whole Grain & Starchy Foods	Protein
Broccoli	Pastas	Lean Beef
Spinach	Brown Rice	Chicken
Peppers	Whole Grain Rice	Pork
Brussel Sprouts	White Rice	Fish
Berries	Potatoes	Eggs
Grapes	Corn	Cottage Cheese
Apples	Peas	Shellfish
Peaches	Carrots	
Pears	Squash	
Grapefruit	Beans	
Kiwi	Tortillas	
Bananas	Whole Grain Bread	
Tomatoes	Wheat Bread	
Kale	White Bread	
	Sweet Potatoes	

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NUTRITION GUIDELINES FOR STUDENT-ATHLETES

Nutritional Supplementation Policy

Before you use any supplement you should ask yourself is it S.A.F.E.?

S = *Supposed benefits*. What claims are being made to aid in your training and performance? Is this the best option?
A = *Acceptable.* Is it legal? Is it banned by the NCAA? Are there side effects or risks associated with this product?
F = *Funding.* Who is paying for it? Is it worth the money? Will you be able to afford it consistently?
E = *Effective.* Is there scientific research and evidence to support the supposed benefits?

What supplements am I NOT allowed to use?

The NCAA has provided information in reference to substances that are banned from use by student-athletes. This includes substances that you may purchase and use without realizing the consequences or could be illegal to use and possess. These banned substances are classified into the following categories:

1. Stimulants such as ephedrine
2. Anabolic agents like steroids and "andro"stendione
3. Diuretics including caffeine in very extreme amounts
4. Street drugs such as marijuana
5. Peptide hormones and analogues like human growth hormone

The NCAA provides a complete list that you can access via their webpage www.ncaa.org/health-safety

How do I know which supplements live up to the hype?

The International Society of Sports Nutrition (ISSN) provides information concerning the effectiveness of many popular supplements that you may want to use for caloric intake convenience, lean muscle development, body fat loss or performance enhancement. Each supplement is evaluated on the conceptual theory of its use as an ergogenic aid, the merit of scientific research that supports the supplement's ergogenic value, and if the supplement is legal and safe for use. This criteria has enabled the ISSN to classify each type of supplement into one of four categories which include Apparently Effective, Possibly Effective, Too Early To Tell, and Apparently Ineffective. A supplement or ergogenic aid is classified as Apparently Effective when the majority of scientific research studies demonstrate that the product is both safe and effective. Possibly Effective supplements show evidence of safety and efficacy yet need additional research validation and support. A supplement is classified as Too Early To Tell if the scientific theory appears valid and reasonable yet there is insufficient research currently available to support its use at this time. An Apparently Ineffective supplement has a poor theoretical rationale, is proven to be ineffective by research studies or has been proven unsafe for use.

The Bottom Line:

Unless you make a genuine self disciplined commitment to develop your eating habits by executing the game plan outlined previously then nutritional supplements will not be able to compensate for your underachieving lifestyle. If you consistently schedule and plan your meals to include wholesome, nutrient dense food choices while drinking water throughout the day and sleep an average of eight hours per night and find yourself unable to achieve your performance goals you may consider nutritional supplements as an ergogenic aid.

Please discuss your interests, questions and concerns with a member of the Strength and Conditioning or Sports Medicine staff. *Gather your information from individuals you can trust that are educated, invested and have made a genuine commitment to your best interests.*

WEIGHTS

SUMMER WEIGHTS ROUTINE WEEK 1

SPORT:	Football		MONDAY
WARM-UP			Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min	ww.youtube.com/watch?v=VuU
	Foam Roll	1x20s/side	ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side	w.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10	ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side	ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea	www.youtube.com/watch?v=7s
	Bird Dog	1x10/side	ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10	ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side	ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10	ww.youtube.com/watch?v=97p
	Push-up	1x10	ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side	ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3	ww.youtube.com/watch?v=9Ot
OLYMPIC PROGRESSION		Sets/Reps	Load Video
1	Overhead Squat	3x5	ww.youtube.com/watch?v=qla
2	Snatch Liftoff	3x5	ww.youtube.com/watch?v=kRU
3	Snatch Pull from Power+Hold	3x5	https://youtu.be/kEIeTHI5hok
4	Jerk Position Press	3x5	https://youtu.be/Upz-hDaKpyc
5	Back Squat	3x5	ww.youtube.com/watch?v=ultV
STRENGTH		Sets/Reps	Load Video
1	Plate Squat	5x5	lalOuJ8?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight		
2	Plate RDL	5x5	briULZU?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight		
3a	Eccentric Push-Up	5x5	XsecSM?list=PLSpwedw8Xj8-tu
3b	Inverted Row (Raised)	5x5	U10Xs4?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight		
4a	Plank	2x30s	8fdYpw?list=PLSpwedw8Xj8-tu
4b	Side Plank	2x30s/ea	xZRVn4?list=PLSpwedw8Xj8-tu
4c	Glute Bridge	2x30s	ruNqOY?list=PLSpwedw8Xj8-tu
4d	Lunge Iso Hold	2x15s/ea	F4rMuo?list=PLSpwedw8Xj8-tu
ROTATOR CUFF SERIES		Sets/Reps	Load Video
5a	Y's on Floor	2x10	uWB2DQ?list=PLSpwedw8Xj8-t
5b	T's on Floor	2x10	yDVIn2k?list=PLSpwedw8Xj8-tu
5c	Cobra's on Floor	2x10	CAjcCP0?list=PLSpwedw8Xj8-t
5d	External Rotation on Floor	2x10	b73cvdE?list=PLSpwedw8Xj8-tu
5e	Scap Push-Up	2x10	aAbsIs?list=PLSpwedw8Xj8-tu

	WEDNESDAY
WARM-UP	Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4) 5min ww.youtube.com/watch?v=VuU
	Foam Roll 1x20s/side ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch 1x10/side w.youtube.com/watch?v=wrY
	Lat Hip Hinge 1x10 ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground 1x10/side ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation 1x10/ea www.youtube.com/watch?v=7s
	Bird Dog 1x10/side ww.youtube.com/watch?v=XQc
	Band Face Pull 1x10 ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge 1x10/side ww.youtube.com/watch?v=3NX
	Prisoner Squat 1x10 ww.youtube.com/watch?v=97p
	Push-up 1x10 ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach 1x10/side ww.youtube.com/watch?v=3Q
	Squat Drop Jump 2x3 ww.youtube.com/watch?v=9Ot
OLYMPIC PROGRESSION	Sets/Reps Load Video
1	Clean Liftoff 3x5 https://youtu.be/BUsmlBFeJPw
2	Snatch Pull from Power+Hold 3x5 https://youtu.be/kEIeTHI5hok
3	Snatch High Pull from Power 3x5 https://youtu.be/K0vRzAOehrk
4	Power Snatch from Power 4x3 https://youtu.be/K0vRzAOehrk
5	Front Squat 4x4 https://youtu.be/Lo52mLX9GVA
STRENGTH	Sets/Reps Load Video
1	Plate Squat 5x5 lalOuJ8?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight	
2	Plate RDL 5x5 briULZU?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight	
3a	Eccentric Push-Up 5x5 XsecSM?list=PLSpwedw8Xj8-tu
3b	Inverted Row (Raised) 5x5 U10Xs4?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight	
4a	Plank 2x30s 8fdYpw?list=PLSpwedw8Xj8-tu
4b	Side Plank 2x30s/ea xZRVn4?list=PLSpwedw8Xj8-tu
4c	Glute Bridge 2x30s ruNqOY?list=PLSpwedw8Xj8-tu
4d	Lunge Iso Hold 2x15s/ea F4rMuo?list=PLSpwedw8Xj8-tu
ROTATOR CUFF SERIES	Sets/Reps Load Video
5a	Y's on Floor 2x10 uWB2DQ?list=PLSpwedw8Xj8-t
5b	T's on Floor 2x10 yDVIn2k?list=PLSpwedw8Xj8-tu
5c	Cobra's on Floor 2x10 CAjcCP0?list=PLSpwedw8Xj8-tu
5d	External Rotation on Floor 2x10 b73cvdE?list=PLSpwedw8Xj8-tu
5e	Scap Push-Up 2x10 aAbsIs?list=PLSpwedw8Xj8-tu

	FRIDAY
WARM-UP	Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4) 5min ww.youtube.com/watch?v=VuU
	Foam Roll 1x20s/side ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch 1x10/side ww.youtube.com/watch?v=wrY
	Lat Hip Hinge 1x10 ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground 1x10/side ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation 1x10/ea www.youtube.com/watch?v=7s
	Bird Dog 1x10/side ww.youtube.com/watch?v=XQc
	Band Face Pull 1x10 ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge 1x10/side ww.youtube.com/watch?v=3NX
	Prisoner Squat 1x10 ww.youtube.com/watch?v=97p
	Push-up 1x10 ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach 1x10/side ww.youtube.com/watch?v=3Q
	Squat Drop Jump 2x3 ww.youtube.com/watch?v=9Ot
OLYMPIC PROGRESSION	Sets/Reps Load Video
1	Clean Pull from Power+Hold 3x5 https://youtu.be/CaXd9KMGIxc
2	Clean High Pull from Power 3x5 https://youtu.be/81I4CcX2Z_E
3	Power Clean from Power 3x5 https://youtu.be/y8gfaVXPLfE
4	Push Press 4x3 https://youtu.be/tJhVZFbe1WQ
5	Back Squat 3x5 ww.youtube.com/watch?v=ultV
STRENGTH	Sets/Reps Load Video
1	Plate Squat 5x5 lalOuJ8?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight	
2	Plate RDL 5x5 briULZU?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight	
3a	Eccentric Push-Up 5x5 XsecSM?list=PLSpwedw8Xj8-tu
3b	Inverted Row (Raised) 5x5 U10Xs4?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight	
4a	Plank 2x30s 8fdYpw?list=PLSpwedw8Xj8-tu
4b	Side Plank 2x30s/ea xZRVn4?list=PLSpwedw8Xj8-tu
4c	Glute Bridge 2x30s ruNqOY?list=PLSpwedw8Xj8-tu
4d	Lunge Iso Hold 2x15s/ea F4rMuo?list=PLSpwedw8Xj8-tu
ROTATOR CUFF SERIES	Sets/Reps Load Video
5a	Y's on Floor 2x10 uWB2DQ?list=PLSpwedw8Xj8-t
5b	T's on Floor 2x10 yDVIn2k?list=PLSpwedw8Xj8-tu
5c	Cobra's on Floor 2x10 CAjcCP0?list=PLSpwedw8Xj8-tu
5d	External Rotation on Floor 2x10 b73cvdE?list=PLSpwedw8Xj8-tu
5e	Scap Push-Up 2x10 aAbsIs?list=PLSpwedw8Xj8-tu

TECHNIQUE IS THE FOUNDATION OF ALL MOVEMENT

SUMMER WEIGHTS ROUTINE WEEK 2

SPORT:	Football	MONDAY

	WARM-UP		Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min	ww.youtube.com/watch?v=VuJ
	Foam Roll	1x20s/side	ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side	ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10	ww.youtube.com/watch?v=lboo
	Twisted Cross on Ground	1x10/side	ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea	www.youtube.com/watch?v=7s
	Bird Dog	1x10/side	ww.youtube.com/watch?v=XQd
	Band Face Pull	1x10	ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side	ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10	ww.youtube.com/watch?v=97p
	Push-up	1x10	ww.youtube.com/watch?v=0pk
	Alt Lateral Lunge w/ Overhead Reach	1x10/side	ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3	ww.youtube.com/watch?v=9OD

	OLYMPIC PROGRESSION	Sets/Reps	Load	Video
1	Overhead Squat	4x5		ww.youtube.com/watch?v=qla
2	Snatch Liftoff	4x5		ww.youtube.com/watch?v=kRU
3	Snatch Pull from Power+Hold	4x5		https://youtu.be/kEIeTHI5hok
4	Jerk Position Press	4x5		https://youtu.be/Upz-hDaKpyc
5	Front Squat	4x5		https://youtu.be/Lo52mLX9GV4

	STRENGTH	Sets/Reps	Load	Video
1	Goblet Squat	5x5		p9zmFw?list=PLSpwedw8Xj8-tu
	*Focus on technique rather than weight			
2	Corner RDL	5x5		qBXdTw?list=PLSpwedw8Xj8-tu
	*Focus on technique rather than weight			
3a	Incline Push-Up	5x5		O2we7c?list=PLSpwedw8Xj8-tu
3b	Inverted Row (Raised)	5x5		U10Xs4?list=PLSpwedw8Xj8-tu
	*Focus on technique			
4a	Plank	3x30s		8fdYpw?list=PLSpwedw8Xj8-tu
4b	Side Plank	3x30s/ea		xZRVn4?list=PLSpwedw8Xj8-tu
4c	Glute Bridge	3x30s		ruNqOY?list=PLSpwedw8Xj8-tu
4d	Lunge Iso Hold	3x15s/ea		F4rMuo?list=PLSpwedw8Xj8-tu

	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	Y's on Floor	2x10		uWB2DQ?list=PLSpwedw8Xj8-t
5b	T's on Floor	2x10		yDVln2k?list=PLSpwedw8Xj8-tu
5c	Cobra's on Floor	2x10		CAjcCP0?list=PLSpwedw8Xj8-tu
5d	External Rotation on Floor	2x10		73cvdE?list=PLSpwedw8Xj8-tu
5e	Scap Push-Up	2x10		taAbsls?list=PLSpwedw8Xj8-tuI

	WEDNESDAY

	WARM-UP		Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min	ww.youtube.com/watch?v=VuJ
	Foam Roll	1x20s/side	ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side	ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10	ww.youtube.com/watch?v=lboo
	Twisted Cross on Ground	1x10/side	ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea	www.youtube.com/watch?v=7s
	Bird Dog	1x10/side	ww.youtube.com/watch?v=XQd
	Band Face Pull	1x10	ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side	ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10	ww.youtube.com/watch?v=97p
	Push-up	1x10	ww.youtube.com/watch?v=0pk
	Alt Lateral Lunge w/ Overhead Reach	1x10/side	ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3	ww.youtube.com/watch?v=9OD

	OLYMPIC PROGRESSION	Sets/Reps	Load	Video
1	Clean Liftoff	4x5		https://youtu.be/BUsmlBFeJPw
2	Snatch Pull from Power+Hold	4x5		https://youtu.be/kEIeTHI5hok
3	Snatch High Pull from Power	4x5		https://youtu.be/K0vRzAOehrk
4	Power Snatch from Power	5x3		https://youtu.be/K0vRzAOehrk
5	Back Squat	4x6		ww.youtube.com/watch?v=ultW

	STRENGTH	Sets/Reps	Load	Video
1	Goblet Squat	5x5		p9zmFw?list=PLSpwedw8Xj8-tu
	*Focus on technique rather than weight			
2	Corner RDL	5x5		qBXdTw?list=PLSpwedw8Xj8-tu
	*Focus on technique rather than weight			
3a	Incline Push-Up	5x5		O2we7c?list=PLSpwedw8Xj8-tu
3b	Inverted Row (Raised)	5x5		U10Xs4?list=PLSpwedw8Xj8-tu
	*Focus on technique			
4a	Plank	3x30s		8fdYpw?list=PLSpwedw8Xj8-tu
4b	Side Plank	3x30s/ea		xZRVn4?list=PLSpwedw8Xj8-tu
4c	Glute Bridge	3x30s		ruNqOY?list=PLSpwedw8Xj8-tu
4d	Lunge Iso Hold	3x15s/ea		F4rMuo?list=PLSpwedw8Xj8-tu

	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	Y's on Floor	2x10		uWB2DQ?list=PLSpwedw8Xj8-t
5b	T's on Floor	2x10		yDVln2k?list=PLSpwedw8Xj8-tu
5c	Cobra's on Floor	2x10		CAjcCP0?list=PLSpwedw8Xj8-tu
5d	External Rotation on Floor	2x10		73cvdE?list=PLSpwedw8Xj8-tu
5e	Scap Push-Up	2x10		taAbsls?list=PLSpwedw8Xj8-tuI

	FRIDAY

	WARM-UP		Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min	ww.youtube.com/watch?v=VuJ
	Foam Roll	1x20s/side	ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side	ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10	ww.youtube.com/watch?v=lboo
	Twisted Cross on Ground	1x10/side	ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea	www.youtube.com/watch?v=7s
	Bird Dog	1x10/side	ww.youtube.com/watch?v=XQd
	Band Face Pull	1x10	ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side	ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10	ww.youtube.com/watch?v=97p
	Push-up	1x10	ww.youtube.com/watch?v=0pk
	Alt Lateral Lunge w/ Overhead Reach	1x10/side	ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3	ww.youtube.com/watch?v=9OD

	OLYMPIC PROGRESSION	Sets/Reps	Load	Video
1	Clean Pull from Power+Hold	4x5		https://youtu.be/CaXd9KMGIx4
2	Clean High Pull from Power	4x5		https://youtu.be/81l4CcX2Z_E
3	Power Clean from Power	5x3		https://youtu.be/y8gfaVXPLfE
4	Push Press	5x3		https://youtu.be/tJhVZFbe1WQ
5	Front Squat	3x5		https://youtu.be/Lo52mLX9GV4

	STRENGTH	Sets/Reps	Load	Video
1	Goblet Squat	5x5		p9zmFw?list=PLSpwedw8Xj8-tu
	*Focus on technique rather than weight			
2	Corner RDL	5x5		qBXdTw?list=PLSpwedw8Xj8-tu
	*Focus on technique rather than weight			
3a	Incline Push-Up	5x5		O2we7c?list=PLSpwedw8Xj8-tu
3b	Inverted Row (Raised)	5x5		U10Xs4?list=PLSpwedw8Xj8-tu
	*Focus on technique			
4a	Plank	3x30s		8fdYpw?list=PLSpwedw8Xj8-tu
4b	Side Plank	3x30s/ea		xZRVn4?list=PLSpwedw8Xj8-tu
4c	Glute Bridge	3x30s		ruNqOY?list=PLSpwedw8Xj8-tu
4d	Lunge Iso Hold	3x15s/ea		F4rMuo?list=PLSpwedw8Xj8-tu

	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	Y's on Floor	2x10		uWB2DQ?list=PLSpwedw8Xj8-t
5b	T's on Floor	2x10		yDVln2k?list=PLSpwedw8Xj8-tu
5c	Cobra's on Floor	2x10		CAjcCP0?list=PLSpwedw8Xj8-tu
5d	External Rotation on Floor	2x10		73cvdE?list=PLSpwedw8Xj8-tu
5e	Scap Push-Up	2x10		taAbsls?list=PLSpwedw8Xj8-tuI

TECHNIQUE IS THE FOUNDATION OF ALL MOVEMENT

SUMMER WEIGHTS ROUTINE WEEK 3

	SPORT:	Football		MONDAY
	WARM-UP			Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		ww.youtube.com/watch?v=VuU
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3N
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ot
	OLYMPIC PROGRESSION	Sets/Reps	Load	Video
1	Snatch Pull from Knee + Hold	3x5		https://youtu.be/9zXFFHMr1cs
2	Snatch Pull from Floor	3x3		https://youtu.be/6XgVjMF1Sqc
3	Power Snatch from Floor	4x3		https://youtu.be/7TlPqEW689
4	Power Jerk	4x3		https://youtu.be/oJYws57znxs
5	Back Squat	3x5		ww.youtube.com/watch?v=ultY
	STRENGTH	Sets/Reps	Load	Video
1	Corner Squat	5x5		m8O80M?list=PLSpwedw8Xj8-
	Focus on technique rather than weight			
2	Barbell RDL	5x5		xptjKxE?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight			
3a	Band Assisted Push-up	5x5		cA6J7Q?list=PLSpwedw8Xj8-tu
3b	Inverted Row	5x5		_AF-Wg?list=PLSpwedw8Xj8-t
	Focus on technique			
4a	Plank	2x45s		8fdYpw?list=PLSpwedw8Xj8-tu
4b	Side Plank	2x45s/ea		xZRVn4?list=PLSpwedw8Xj8-tu
4c	Glute Bridge	2x45s		ruNqOY?list=PLSpwedw8Xj8-t
4d	Lunge Iso Hold	2x20s/ea		F4rMuo?list=PLSpwedw8Xj8-tu
	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	Y's on Incline	2x10		b8nZoo?list=PLSpwedw8Xj8-tu
5b	T's on Incline	2x10		GX18bc?list=PLSpwedw8Xj8-tu
5c	Cobra's on Incline	2x10		gM1U-Y?list=PLSpwedw8Xj8-t
5d	External Rotation on Incline	2x10		gPTyJM?list=PLSpwedw8Xj8-tu
5e	Scap Push-Up	2x10		aAbsIs?list=PLSpwedw8Xj8-tu

				WEDNESDAY
	WARM-UP			Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		ww.youtube.com/watch?v=VuU
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3N
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ot
	OLYMPIC PROGRESSION	Sets/Reps	Load	Video
1	Clean Pull from Knee + Hold	3x5		https://youtu.be/YUmKL4ZkWJ
2	Clean Pull from Floor	3x3		https://youtu.be/MtR91v8LN9
3	Power Clean from Floor	4x3		https://youtu.be/SVx_OelPP8
4	Power Snatch from Floor	4x3		https://youtu.be/7TlPqEW689
5	Front Squat	4x6		https://youtu.be/Lo52mLX9GV
	STRENGTH	Sets/Reps	Load	Video
1	Corner Squat	5x5		m8O80M?list=PLSpwedw8Xj8-
	Focus on technique rather than weight			
2	Barbell RDL	5x5		xptjKxE?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight			
3a	Band Assisted Push-up	5x5		cA6J7Q?list=PLSpwedw8Xj8-tu
3b	Inverted Row	5x5		_AF-Wg?list=PLSpwedw8Xj8-t
	Focus on technique			
4a	Plank	2x45s		8fdYpw?list=PLSpwedw8Xj8-tu
4b	Side Plank	2x45s/ea		xZRVn4?list=PLSpwedw8Xj8-tu
4c	Glute Bridge	2x45s		ruNqOY?list=PLSpwedw8Xj8-t
4d	Lunge Iso Hold	2x20s/ea		F4rMuo?list=PLSpwedw8Xj8-tu
	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	Y's on Incline	2x10		b8nZoo?list=PLSpwedw8Xj8-tu
5b	T's on Incline	2x10		GX18bc?list=PLSpwedw8Xj8-tu
5c	Cobra's on Incline	2x10		gM1U-Y?list=PLSpwedw8Xj8-t
5d	External Rotation on Incline	2x10		gPTyJM?list=PLSpwedw8Xj8-tu
5e	Scap Push-Up	2x10		aAbsIs?list=PLSpwedw8Xj8-tu

				FRIDAY
	WARM-UP			Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		ww.youtube.com/watch?v=VuU
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3N
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ot
	OLYMPIC PROGRESSION	Sets/Reps	Load	Video
1	Clean Pull from Knee + Hold	3x5		https://youtu.be/YUmKL4ZkWJ
2	Clean Pull from Floor + Hold	4x3		https://youtu.be/MtR91v8LN9
3	Power Clean from Floor	4x3		https://youtu.be/SVx_OelPP8
4	Power Jerk	4x3		https://youtu.be/oJYws57znxs
5	Snatch Balance	4x3		https://youtu.be/89asiOyGTrA
	STRENGTH	Sets/Reps	Load	Video
1	Corner Squat	5x5		m8O80M?list=PLSpwedw8Xj8-
	Focus on technique rather than weight			
2	Barbell RDL	5x5		xptjKxE?list=PLSpwedw8Xj8-tu
	Focus on technique rather than weight			
3a	Band Assisted Push-up	5x5		cA6J7Q?list=PLSpwedw8Xj8-tu
3b	Inverted Row	5x5		_AF-Wg?list=PLSpwedw8Xj8-t
	Focus on technique			
4a	Plank	2x45s		8fdYpw?list=PLSpwedw8Xj8-tu
4b	Side Plank	2x45s/ea		xZRVn4?list=PLSpwedw8Xj8-tu
4c	Glute Bridge	2x45s		ruNqOY?list=PLSpwedw8Xj8-t
4d	Lunge Iso Hold	2x20s/ea		F4rMuo?list=PLSpwedw8Xj8-tu
	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	Y's on Incline	2x10		b8nZoo?list=PLSpwedw8Xj8-tu
5b	T's on Incline	2x10		GX18bc?list=PLSpwedw8Xj8-tu
5c	Cobra's on Incline	2x10		gM1U-Y?list=PLSpwedw8Xj8-t
5d	External Rotation on Incline	2x10		gPTyJM?list=PLSpwedw8Xj8-tu
5e	Scap Push-Up	2x10		aAbsIs?list=PLSpwedw8Xj8-tu

TECHNIQUE IS THE FOUNDATION OF ALL MOVEMENT

SUMMER WEIGHTS ROUTINE WEEK 4

	SPORT:	Football		MONDAY
	WARM-UP			Video
WU	**Seated Box Breathing (4 in, hold 4, 4 out, hold 4)**	5min		ww.youtube.com/watch?v=VuU
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQd
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ot
	OLYMPIC PROGRESSION	Sets/Reps	Load	Video
1	**Snatch Pull from Knee + Hold**	3x5		https://youtu.be/9zXFFHMr1cs
2	**Snatch Pull from Floor**	4x3		https://youtu.be/6XgVjMF1Sqc
3	**Power Snatch from Floor**	5x3		https://youtu.be/7TlPqEW689
4	**Power Jerk**	5x3		https://youtu.be/oJYws57znxs
5	**Front Squat**	4x4		https://youtu.be/Lo52mLX9GV
	STRENGTH	Sets/Reps	Load	Video
1	**Back Squat**	2x5		ww.youtube.com/watch?v=ultV
	**Focus on technique rather than weight*			
2	**Barbell RDL**	6x5		kptjKxE?list=PLSpwedw8Xj8-tu
	**Focus on technique rather than weight*			
3a	**Hand Pick-Up Push-Up**	6x5		m-Yy-V0?list=PLSpwedw8Xj8-tu
3b	**Inverted Row**	6x5		_AF-Wg?list=PLSpwedw8Xj8-tu
	**Focus on technique*			
4a	**Plank**	3x45s		8fdYpw?list=PLSpwedw8Xj8-tu
4b	**Side Plank**	3x45s/ea		xZRVn4?list=PLSpwedw8Xj8-tu
4c	**Glute Bridge**	3x45s		ruNqOY?list=PLSpwedw8Xj8-tu
4d	**Lunge Iso Hold**	3x20s/ea		F4rMuo?list=PLSpwedw8Xj8-tu
	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	**Y's on Incline**	2x10		b8nZoo?list=PLSpwedw8Xj8-tu
5b	**T's on Incline**	2x10		GX18bc?list=PLSpwedw8Xj8-tu
5c	**Cobra's on Incline**	2x10		gM1U-Y?list=PLSpwedw8Xj8-tu
5d	**External Rotation on Incline**	2x10		gPTyJM?list=PLSpwedw8Xj8-tu
5e	**Scap Push-Up**	2x10		aAbsIs?list=PLSpwedw8Xj8-tu

				WEDNESDAY
	WARM-UP			Video
WU	**Seated Box Breathing (4 in, hold 4, 4 out, hold 4)**	5min		ww.youtube.com/watch?v=VuU
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQd
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ot
	OLYMPIC PROGRESSION	Sets/Reps	Load	Video
1	**Clean Pull from Knee + Hold**	3x5		https://youtu.be/YUmKL4ZkWJ
2	**Clean Pull from Floor**	4x3		https://youtu.be/MtR91v8LN9
3	**Power Clean from Floor**	5x3		https://youtu.be/SVx_OelPP8
4	**Power Snatch from Floor**	5x3		https://youtu.be/7TlPqEW689
	STRENGTH	Sets/Reps	Load	Video
1	**Back Squat**	6x5		ww.youtube.com/watch?v=ultV
	**Focus on technique rather than weight*			
2	**Barbell RDL**	6x5		kptjKxE?list=PLSpwedw8Xj8-tu
	**Focus on technique rather than weight*			
3a	**Hand Pick-Up Push-Up**	6x5		m-Yy-V0?list=PLSpwedw8Xj8-tu
3b	**Inverted Row**	6x5		_AF-Wg?list=PLSpwedw8Xj8-tu
	**Focus on technique*			
4a	**Plank**	3x45s		8fdYpw?list=PLSpwedw8Xj8-tu
4b	**Side Plank**	3x45s/ea		xZRVn4?list=PLSpwedw8Xj8-tu
4c	**Glute Bridge**	3x45s		ruNqOY?list=PLSpwedw8Xj8-tu
4d	**Lunge Iso Hold**	3x20s/ea		F4rMuo?list=PLSpwedw8Xj8-tu
	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	**Y's on Incline**	2x10		b8nZoo?list=PLSpwedw8Xj8-tu
5b	**T's on Incline**	2x10		GX18bc?list=PLSpwedw8Xj8-tu
5c	**Cobra's on Incline**	2x10		gM1U-Y?list=PLSpwedw8Xj8-tu
5d	**External Rotation on Incline**	2x10		gPTyJM?list=PLSpwedw8Xj8-tu
5e	**Scap Push-Up**	2x10		aAbsIs?list=PLSpwedw8Xj8-tu

				FRIDAY
	WARM-UP			Video
WU	**Seated Box Breathing (4 in, hold 4, 4 out, hold 4)**	5min		ww.youtube.com/watch?v=VuU
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQd
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ot
	OLYMPIC PROGRESSION	Sets/Reps	Load	Video
1	**Clean Pull from Knee + Hold**	3x5		https://youtu.be/YUmKL4ZkWJ
2	**Clean Pull from Floor + Hold**	4x3		https://youtu.be/MtR91v8LN9
3	**Power Clean from Floor**	5x3		https://youtu.be/SVx_OelPP8
4	**Power Jerk**	5x3		https://youtu.be/oJYws57znxs
5	**Snatch Balance**	5x3		https://youtu.be/89asiOyGTrA
	STRENGTH	Sets/Reps	Load	Video
1	**Back Squat**	6x5		ww.youtube.com/watch?v=ultV
	**Focus on technique rather than weight*			
2	**Barbell RDL**	6x5		kptjKxE?list=PLSpwedw8Xj8-tu
	**Focus on technique rather than weight*			
3a	**Hand Pick-Up Push-Up**	6x5		m-Yy-V0?list=PLSpwedw8Xj8-tu
3b	**Inverted Row**	6x5		_AF-Wg?list=PLSpwedw8Xj8-tu
	**Focus on technique*			
4a	**Plank**	3x45s		8fdYpw?list=PLSpwedw8Xj8-tu
4b	**Side Plank**	3x45s/ea		xZRVn4?list=PLSpwedw8Xj8-tu
4c	**Glute Bridge**	3x45s		ruNqOY?list=PLSpwedw8Xj8-tu
4d	**Lunge Iso Hold**	3x20s/ea		F4rMuo?list=PLSpwedw8Xj8-tu
	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	**Y's on Incline**	2x10		b8nZoo?list=PLSpwedw8Xj8-tu
5b	**T's on Incline**	2x10		GX18bc?list=PLSpwedw8Xj8-tu
5c	**Cobra's on Incline**	2x10		gM1U-Y?list=PLSpwedw8Xj8-tu
5d	**External Rotation on Incline**	2x10		gPTyJM?list=PLSpwedw8Xj8-tu
5e	**Scap Push-Up**	2x10		aAbsIs?list=PLSpwedw8Xj8-tu

TECHNIQUE IS THE FOUNDATION OF ALL MOVEMENT

SUMMER WEIGHTS ROUTINE WEEK 5

	SPORT:	Football		MONDAY
	WARM-UP			Video
WU	**Seated Box Breathing (4 in, hold 4, 4 out, hold 4)**	5min		ww.youtube.com/watch?v=VuJ
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ol
	OLYMPIC	Sets/Reps	Load	Video
1	**Power Snatch from Floor-Max Out**	AMSNx1	1RM	
	**AMSN=As Many Sets Needed*			
	**Keep doing singles until you miss an attempt 3 times*			
	STRENGTH	Sets/Reps	Load	Video
1	**Back Squat- Max Out**	AMSNx3-5	3-5RM	
	**Find your 3-5 repetition maximum weight*			
	**After finding max weight you can do for 3-5 repetitions plug the weight and repetitions lifted into the rep max calculator provided by clicking the following link:*			
	https://strengthlevel.com/one-rep-max-calculator			
	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	**Y's on Physioball**	2x10		hb8nZoo?list=PLSpwedw8Xj8-t
5b	**T's on Physioball**	2x10		u5gYGM?list=PLSpwedw8Xj8-t
5c	**Cobra's on Physioball**	2x10		1UP5nY?list=PLSpwedw8Xj8-t
5d	**External Rotation on Physioball**	2x10		tAdROjs?list=PLSpwedw8Xj8-tu
5e	**Elevated Scap Push-Up**	2x10		DFKazs0?list=PLSpwedw8Xj8-tu
	CORE	Sets/Reps	Load	Video
6a	**Plank**	2x1min		8fdYpw?list=PLSpwedw8Xj8-tu
6b	**Side Plank**	2x1min/ea		xZRVn4?list=PLSpwedw8Xj8-tu
6c	**Glute Bridge**	2x1min		ruNqOY?list=PLSpwedw8Xj8-tu

				WEDNESDAY
	WARM-UP			Video
WU	**Seated Box Breathing (4 in, hold 4, 4 out, hold 4)**	5min		ww.youtube.com/watch?v=VuJ
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ol
	OLYMPIC	Sets/Reps	Load	Video
1	**Power Clean from Floor-Max Out**	AMSNx1	1RM	
	**AMSN=As Many Sets Needed*			
	**Keep doing singles until you miss an attempt 3 times*			
	STRENGTH	Sets/Reps	Load	Video
1	**Front Squat- Max Out**	AMSNx3-5	3-5RM	
	**Find your 3-5 repetition maximum weight*			
	**After finding max weight you can do for 3-5 repetitions plug the weight and repetitions lifted into the rep max calculator provided by clicking the following link:*			
	https://strengthlevel.com/one-rep-max-calculator			
	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	**Y's on Physioball**	2x10		hb8nZoo?list=PLSpwedw8Xj8-tu
5b	**T's on Physioball**	2x10		u5gYGM?list=PLSpwedw8Xj8-tu
5c	**Cobra's on Physioball**	2x10		1UP5nY?list=PLSpwedw8Xj8-tu
5d	**External Rotation on Physioball**	2x10		tAdROjs?list=PLSpwedw8Xj8-tu
5e	**Elevated Scap Push-Up**	2x10		DFKazs0?list=PLSpwedw8Xj8-tu
	CORE	Sets/Reps	Load	Video
6a	**Plank**	2x1min		8fdYpw?list=PLSpwedw8Xj8-tu
6b	**Side Plank**	2x1min/ea		xZRVn4?list=PLSpwedw8Xj8-tu
6c	**Glute Bridge**	2x1min		ruNqOY?list=PLSpwedw8Xj8-tu

				FRIDAY
	WARM-UP			Video
WU	**Seated Box Breathing (4 in, hold 4, 4 out, hold 4)**	5min		ww.youtube.com/watch?v=VuJ
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ol
	OLYMPIC	Sets/Reps	Load	Video
1	**Jerk(Split or Power)-Max Out**	AMSNx1	1RM	
	**AMSN=As Many Sets Needed*			
	**Keep doing singles until you miss an attempt 3 times*			
	STRENGTH	Sets/Reps	Load	Video
1	**Bench Press- Max Out**	AMSNx3-5	3-5RM	
	**Find your 3-5 repetition maximum weight*			
	**After finding max weight you can do for 3-5 repetitions plug the weight and repetitions lifted into the rep max calculator provided by clicking the following link:*			
	https://strengthlevel.com/one-rep-max-calculator			
	ROTATOR CUFF SERIES	Sets/Reps	Load	Video
5a	**Y's on Physioball**	2x10		hb8nZoo?list=PLSpwedw8Xj8-tu
5b	**T's on Physioball**	2x10		u5gYGM?list=PLSpwedw8Xj8-tu
5c	**Cobra's on Physioball**	2x10		1UP5nY?list=PLSpwedw8Xj8-tu
5d	**External Rotation on Physioball**	2x10		tAdROjs?list=PLSpwedw8Xj8-tu
5e	**Elevated Scap Push-Up**	2x10		DFKazs0?list=PLSpwedw8Xj8-tu
	CORE	Sets/Reps	Load	Video
6a	**Plank**	2x1min		8fdYpw?list=PLSpwedw8Xj8-tu
6b	**Side Plank**	2x1min/ea		xZRVn4?list=PLSpwedw8Xj8-tu
6c	**Glute Bridge**	2x1min		ruNqOY?list=PLSpwedw8Xj8-tu

TECHNIQUE IS THE FOUNDATION OF ALL MOVEMENT

SUMMER WEIGHTS ROUTINE WEEK 6

SPORT:	Football		MONDAY					WEDNESDAY					FRIDAY				
WARM-UP				Video			**WARM-UP**				Video		**WARM-UP**				Video
WU	**Seated Box Breathing (4 in, hold 4, 4 out, hold 4)**	5min		ww.youtube.com/watch?v=VuJ		WU	**Seated Box Breathing (4 in, hold 4, 4 out, hold 4)**	5min		ww.youtube.com/watch?v=VuJ		WU	**Seated Box Breathing (4 in, hold 4, 4 out, hold 4)**	5min		ww.youtube.com/watch?v=VuJ
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=54A			**Foam Roll**	1x20s/side		ww.youtube.com/watch?v=54A			**Foam Roll**	1x20s/side		ww.youtube.com/watch?v=54A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY			**RFE Hip Flexor Stretch**	1x10/side		ww.youtube.com/watch?v=wrY			**RFE Hip Flexor Stretch**	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo			**Lat Hip Hinge**	1x10		ww.youtube.com/watch?v=Ibo			**Lat Hip Hinge**	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM			**Twisted Cross on Ground**	1x10/side		ww.youtube.com/watch?v=zkM			**Twisted Cross on Ground**	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s			**Quadruped T-Spine Rotation**	1x10/ea		ww.youtube.com/watch?v=7s			**Quadruped T-Spine Rotation**	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc			**Bird Dog**	1x10/side		ww.youtube.com/watch?v=XQc			**Bird Dog**	1x10/side		ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL			**Band Face Pull**	1x10		ww.youtube.com/watch?v=wL			**Band Face Pull**	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX			**Single Leg Glute Bridge**	1x10/side		ww.youtube.com/watch?v=3NX			**Single Leg Glute Bridge**	1x10/side		ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p			**Prisoner Squat**	1x10		ww.youtube.com/watch?v=97p			**Prisoner Squat**	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p			**Push-up**	1x10		ww.youtube.com/watch?v=0p			**Push-up**	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q			**Alt Lateral Lunge w/ Overhead Reach**	1x10/side		ww.youtube.com/watch?v=3Q			**Alt Lateral Lunge w/ Overhead Reach**	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9O			**Squat Drop Jump**	2x3		ww.youtube.com/watch?v=9O			**Squat Drop Jump**	2x3		ww.youtube.com/watch?v=9O
	OLYMPIC	Sets/Reps	Load	Notes			**OLYMPIC**	Sets/Reps	Load	Notes			**OLYMPIC**	Sets/Reps	Load	Notes
1	**Power Clean**	1x3	55%			1	**Power Snatch from Hang (Knee)**	1x3	50%			1	**Power Clean + Push Jerk**	1x1+3	50%	1 set of 1 clean + 3 jerks
		3x3	65%					3x3	60%					3x1+3	65%	3 sets of 1 clean + 3 jerks
													Use Jerk Max			
	STRENGTH	Sets/Reps	Load	Notes			**STRENGTH**	Sets/Reps	Load	Notes			**STRENGTH**	Sets/Reps	Load	Notes
1	**Back Squat**	1x5	50%			1	**Overhead Squat**	4x4	50% of Power Snatch max			1	**Front Squat**	4x6	50% of Back Squat Max	
		1x5	60%													
		3x4	70%													
2	**Push-Press**	1x3	55%			2	**Bench Press**	1x5	65%			2	**Military Press**	4x5	40% of Bench Press Max	
	**your push-press max is roughly 90% of your jerk max*	3x3	65%					3x5	75%							
3	**Bent Over Barbell Row**	3x5	50% of Bench Max			3	**Upright Row**	3x5	20% of Power Clean Max			3	**Barbell Step Up**	3x5/leg	30% of Back Squat Max	
4	**Barbell Lunges**	3x5/leg	40% of Squat Max			4	**DB Incline Press**	3x5				4	**Depth Jumps**	3x5		
	ROTATOR CUFF SERIES	Sets/Reps	Load	Notes			**ROTATOR CUFF SERIES**	Sets/Reps	Load	Notes			**ROTATOR CUFF SERIES**	Sets/Reps	Load	Notes
5a	**Quadruped Y's**	2x10				5a	**Quadruped Y's**	2x10				5a	**Quadruped Y's**	2x10		
5b	**Quadruped T's**	2x10				5b	**Quadruped T's**	2x10				5b	**Quadruped T's**	2x10		
5c	**Quadruped Cobras**	2x10				5c	**Quadruped Cobras**	2x10				5c	**Quadruped Cobras**	2x10		
5d	**Quadruped External Rotation**	2x10				5d	**Quadruped External Rotation**	2x10				5d	**Quadruped External Rotation**	2x10		
5e	**Elevated Scap Push-Up**	2x10				5e	**Elevated Scap Push-Up**	2x10				5e	**Elevated Scap Push-Up**	2x10		
	CORE	Sets/Reps	Load	Video			**CORE**	Sets/Reps	Load	Video			**CORE**	Sets/Reps	Load	Video
6a	**Plank**	3x1min		s8fdYpw?list=PLSpwedw8Xj8-tu		6a	**Plank**	3x1min		s8fdYpw?list=PLSpwedw8Xj8-tu		6a	**Plank**	3x1min		s8fdYpw?list=PLSpwedw8Xj8-tu
6b	**Side Plank**	3x1min/ea		xZRVn4?list=PLSpwedw8Xj8-tu		6b	**Side Plank**	3x1min/ea		xZRVn4?list=PLSpwedw8Xj8-tu		6b	**Side Plank**	3x1min/ea		xZRVn4?list=PLSpwedw8Xj8-tu
6c	**Glute Bridge**	3x1min		ruNqOY?list=PLSpwedw8Xj8-tu		6c	**Glute Bridge**	3x1min		ruNqOY?list=PLSpwedw8Xj8-tu		6c	**Glute Bridge**	3x1min		ruNqOY?list=PLSpwedw8Xj8-tu

TECHNIQUE IS THE FOUNDATION OF ALL MOVEMENT

SUMMER WEIGHTS ROUTINE WEEK 7

SPORT:	Football		MONDAY
WARM-UP			Video
WU Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		ww.youtube.com/watch?v=VuJ
Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
RFE Hip Flexor Stretch	1x10/side		w.youtube.com/watch?v=wrY
Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
Quadruped T-Spine Rotation	1x10/ea		www.youtube.com/watch?v=7s
Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
Band Face Pull	1x10		ww.youtube.com/watch?v=wL
Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
Push-up	1x10		ww.youtube.com/watch?v=0p
Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ot
OLYMPIC	**Sets/Reps**	**Load**	**Notes**
1 Power Snatch	1x3	50%	
	5x3	60%	
STRENGTH	**Sets/Reps**	**Load**	**Notes**
1 Jump Squat	6x6	15%	
2 Push-Press	1x3	55%	
*your push-press max is roughly 90% of your jerk max	5x3	65%	
3 Hurdle Jump	3x20	BW	
4 Barbell Shrug	3x5	100% of Power Clean	
ROTATOR CUFF SERIES	**Sets/Reps**	**Load**	**Video**
5a Quadruped Y's	2x10		nt4dVM?list=PLSpwedw8Xj8-tu
5b Quadruped T's	2x10		HI3eYk?list=PLSpwedw8Xj8-tu
5c Quadruped Cobras	2x10		HO-TTA?list=PLSpwedw8Xj8-tu
5d Quadruped External Rotation	2x10		LXTmyo?list=PLSpwedw8Xj8-tu
5e Elevated Scap Push-Up	2x10		FKazs0?list=PLSpwedw8Xj8-tu
CORE	**Sets/Reps**	**Load**	**Video**
6a Barbell Toe Touch	3x25		Barbell Toe Touches
6b Flutter Kick Holding Barbell	3x25/side		Barbell Flutter Kicks
6c Windshield Wipers Holding Barbell	3x10		Barbell Windshield Wipers

	WEDNESDAY
WARM-UP	Video
WU Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min	ww.youtube.com/watch?v=VuJ
Foam Roll	1x20s/side	ww.youtube.com/watch?v=S4A
RFE Hip Flexor Stretch	1x10/side	w.youtube.com/watch?v=wrY
Lat Hip Hinge	1x10	ww.youtube.com/watch?v=Ibo
Twisted Cross on Ground	1x10/side	ww.youtube.com/watch?v=zkM
Quadruped T-Spine Rotation	1x10/ea	www.youtube.com/watch?v=7s
Bird Dog	1x10/side	ww.youtube.com/watch?v=XQc
Band Face Pull	1x10	ww.youtube.com/watch?v=wL
Single Leg Glute Bridge	1x10/side	ww.youtube.com/watch?v=3NX
Prisoner Squat	1x10	ww.youtube.com/watch?v=97p
Push-up	1x10	ww.youtube.com/watch?v=0p
Alt Lateral Lunge w/ Overhead Reach	1x10/side	ww.youtube.com/watch?v=3Q
Squat Drop Jump	2x3	ww.youtube.com/watch?v=9Ot
OLYMPIC	**Sets/Reps**	**Load**	**Notes**
1 Power Clean	1x3	55%	
	2x3	65%	
	1x3	75%	
STRENGTH	**Sets/Reps**	**Load**	**Notes**
1 Back Squat	1x5	50%	
	1x5	60%	
	3x4	70%	
	1x3	80%	
2 Push-Press	1x3	55%	
*your push-press max is roughly 90% of your jerk max	2x3	65%	
	1x3	75%	
3 Lunges	3x5/leg	40% of Back Squat	
4 Barbell Bent Over Row	3x5	50% of Bench Press	
ROTATOR CUFF SERIES	**Sets/Reps**	**Load**	**Video**
5a Quadruped Y's	2x10		nt4dVM?list=PLSpwedw8Xj8-tu
5b Quadruped T's	2x10		HI3eYk?list=PLSpwedw8Xj8-tu
5c Quadruped Cobras	2x10		HO-TTA?list=PLSpwedw8Xj8-tu
5d Quadruped External Rotation	2x10		LXTmyo?list=PLSpwedw8Xj8-tu
5e Elevated Scap Push-Up	2x10		FKazs0?list=PLSpwedw8Xj8-tu
CORE	**Sets/Reps**	**Load**	**Video**
6a Weighted Plank	3x30s		8fdYpw?list=PLSpwedw8Xj8-tu
6b Weighted Glute Bridge	3x30s		ruNqOY?list=PLSpwedw8Xj8-tu

	FRIDAY
WARM-UP	Video
WU Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min	ww.youtube.com/watch?v=VuJ
Foam Roll	1x20s/side	ww.youtube.com/watch?v=S4A
RFE Hip Flexor Stretch	1x10/side	ww.youtube.com/watch?v=wrY
Lat Hip Hinge	1x10	ww.youtube.com/watch?v=Ibo
Twisted Cross on Ground	1x10/side	ww.youtube.com/watch?v=zkM
Quadruped T-Spine Rotation	1x10/ea	www.youtube.com/watch?v=7s
Bird Dog	1x10/side	ww.youtube.com/watch?v=XQc
Band Face Pull	1x10	ww.youtube.com/watch?v=wL
Single Leg Glute Bridge	1x10/side	ww.youtube.com/watch?v=3NX
Prisoner Squat	1x10	ww.youtube.com/watch?v=97p
Push-up	1x10	ww.youtube.com/watch?v=0p
Alt Lateral Lunge w/ Overhead Reach	1x10/side	ww.youtube.com/watch?v=3Q
Squat Drop Jump	2x3	ww.youtube.com/watch?v=9Ot
OLYMPIC	**Sets/Reps**	**Load**	**Notes**
1 Power Snatch from Hang (Knee)	1x3	50%	
	3x3	60%	
STRENGTH	**Sets/Reps**	**Load**	**Notes**
1 Overhead Squat	4x4	50% of Power Snatch	
2 Bench Press	1x5	65%	
	3x5	75%	
3 DB Incline Press	3x5		
4 Upright Row	3x5	20% of Power Clean	
ROTATOR CUFF SERIES	**Sets/Reps**	**Load**	**Video**
5a Quadruped Y's	2x10		nt4dVM?list=PLSpwedw8Xj8-tu
5b Quadruped T's	2x10		HI3eYk?list=PLSpwedw8Xj8-tu
5c Quadruped Cobras	2x10		HO-TTA?list=PLSpwedw8Xj8-tu
5d Quadruped External Rotation	2x10		LXTmyo?list=PLSpwedw8Xj8-tu
5e Elevated Scap Push-Up	2x10		FKazs0?list=PLSpwedw8Xj8-tu
CORE	**Sets/Reps**	**Load**	**Video**
6a Plate Toe Touch	3x25		Toe Touch w/ Plate
6b Plate Russian Twist	3x25/side		Russian Twist w/Plate on Ches
6c Plate V-Ups	3x10		V-ups w/ Plate

TECHNIQUE IS THE FOUNDATION OF ALL MOVEMENT

SUMMER WEIGHTS ROUTINE WEEK 8

SPORT:	Football		MONDAY
WARM-UP			Video
WU Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		ww.youtube.com/watch?v=VuJ
Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
Band Face Pull	1x10		ww.youtube.com/watch?v=wL
Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
Push-up	1x10		ww.youtube.com/watch?v=0p
Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ol
OLYMPIC	**Sets/Reps**	**Load**	**Notes**
1 Power Clean + Push Jerk	1x1+3	55%	
	1x1+3	65%	
	3x1+3	75%	
STRENGTH	**Sets/Reps**	**Load**	**Notes**
1 Front Squat	4x6	50% of Back Squat	
2 Military Press	4x5	40% of Bench Press	
3 Barbell Step Up	3x5/leg	30% of Back Squat	
4 Depth Jumps	3x5		
ROTATOR CUFF SERIES	**Sets/Reps**	**Load**	**Video**
5a Quadruped Y's	2x10		nt4dVM?list=PLSpwedw8Xj8-tu
5b Quadruped T's	2x10		HI3eYk?list=PLSpwedw8Xj8-tu
5c Quadruped Cobras	2x10		HO-TTA?list=PLSpwedw8Xj8-tu
5d Quadruped External Rotation	2x10		LXTmyo?list=PLSpwedw8Xj8-tu
5e Elevated Scap Push-Up	2x10		FKazs0?list=PLSpwedw8Xj8-tu
CORE	**Sets/Reps**	**Load**	**Video**
6a Barbell Toe Touch	3x25		Barbell Toe Touches
6b Flutter Kick Holding Barbell	3x25/side		Barbell Flutter Kicks
6c Windshield Wipers Holding Barbell	3x10		Barbell Windshield Wipers

		WEDNESDAY	
WARM-UP			Video
WU Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		ww.youtube.com/watch?v=VuJ
Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
Band Face Pull	1x10		ww.youtube.com/watch?v=wL
Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
Push-up	1x10		ww.youtube.com/watch?v=0p
Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ol
OLYMPIC	**Sets/Reps**	**Load**	**Notes**
1 Power Snatch	1x3	50%	
	3x3	60%	
	2x3	70%	
STRENGTH	**Sets/Reps**	**Load**	**Notes**
1 Jump Squat	3x3	20%	
	3x3	10%	
2 Push-Press	1x3	55%	
*your push-press max is roughly 90% of your jerk max	3x3	65%	
	2x3	75%	
3 Hurdle Jumps	3x20	BW	
4 Barbell Shrug	3x5	100% of Power Clean	
ROTATOR CUFF SERIES	**Sets/Reps**	**Load**	**Video**
5a Quadruped Y's	2x10		nt4dVM?list=PLSpwedw8Xj8-tu
5b Quadruped T's	2x10		HI3eYk?list=PLSpwedw8Xj8-tu
5c Quadruped Cobras	2x10		HO-TTA?list=PLSpwedw8Xj8-tu
5d Quadruped External Rotation	2x10		LXTmyo?list=PLSpwedw8Xj8-tu
5e Elevated Scap Push-Up	2x10		FKazs0?list=PLSpwedw8Xj8-tu
CORE	**Sets/Reps**	**Load**	**Video**
6a Weighted Plank	3x30s		8fdYpw?list=PLSpwedw8Xj8-tu
6b Weighted Glute Bridge	3x30s		ruNqOY?list=PLSpwedw8Xj8-tu

		FRIDAY	
WARM-UP			Video
WU Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		ww.youtube.com/watch?v=VuJ
Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
Band Face Pull	1x10		ww.youtube.com/watch?v=wL
Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
Push-up	1x10		ww.youtube.com/watch?v=0p
Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ol
OLYMPIC	**Sets/Reps**	**Load**	**Notes**
1 Power Clean from Hang (Knee)	1x3	55%	
	4x3	65%	
STRENGTH	**Sets/Reps**	**Load**	**Notes**
1 Back Squat	1x5	60%	
	3x4	70%	
	1x3	80%	
	1x2	85%	
2 Push-Press from Behind Neck	1x3	55%	
*your push-press max is roughly 90% of your jerk max	2x3	65%	
3 Barbell Lunges	3x5/leg	40% of Back Squat	
4 Barbell Bent Over Row	3x5	50% of Bench Press	
ROTATOR CUFF SERIES	**Sets/Reps**	**Load**	**Video**
5a Quadruped Y's	2x10		nt4dVM?list=PLSpwedw8Xj8-tu
5b Quadruped T's	2x10		HI3eYk?list=PLSpwedw8Xj8-tu
5c Quadruped Cobras	2x10		HO-TTA?list=PLSpwedw8Xj8-tu
5d Quadruped External Rotation	2x10		LXTmyo?list=PLSpwedw8Xj8-tu
5e Elevated Scap Push-Up	2x10		FKazs0?list=PLSpwedw8Xj8-tu
CORE	**Sets/Reps**	**Load**	**Video**
6a Plate Toe Touch	3x25		Toe Touch w/ Plate
6b Plate Russian Twist	3x25/side		Russian Twist w/Plate on Ches
6c Plate V-Ups	3x10		V-ups w/ Plate

TECHNIQUE IS THE FOUNDATION OF ALL MOVEMENT

SUMMER WEIGHTS ROUTINE WEEK 9

	SPORT:	Football		MONDAY
	WARM-UP			Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		ww.youtube.com/watch?v=VuJ
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		w.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ot
	OLYMPIC	**Sets/Reps**	**Load**	**Notes**
1	Power Snatch from Blocks, Plates, or Rack	1x3	50%	
		1x3	60%	
		2x2	70%	
	*Make the bar knee level			
	STRENGTH	**Sets/Reps**	**Load**	**Notes**
1	Overhead Squat	4x4	50% of Power Snatch	
2	Bench Press	1x5	65%	
		3x5	75%	
		2x3	85%	
3	DB Incline Press	3x5		
4	Upright Row	3x5	20% of Power Clean	
	ROTATOR CUFF SERIES	**Sets/Reps**	**Load**	**Notes**
5a	Quadruped Y's	2x10		
5b	Quadruped T's	2x10		
5c	Quadruped Cobras	2x10		
5d	Quadruped External Rotation	2x10		
5e	Elevated Scap Push-Up	2x10		
	CORE	**Sets/Reps**	**Load**	**Video**
6a	Barbell Toe Touch	3x25		Barbell Toe Touches
6b	Flutter Kick Holding Barbell	3x25/side		Barbell Flutter Kicks
6c	Windshield Wipers Holding Barbell	3x10		Barbell Windshield Wipers

				WEDNESDAY
	WARM-UP			Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		ww.youtube.com/watch?v=VuJ
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		w.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ot
	OLYMPIC	**Sets/Reps**	**Load**	**Notes**
1	Power Clean + Push Jerk	1x1+3	55%	
		1x1+3	65%	
		3x1+3	75%	
	*use jerk max			
	STRENGTH	**Sets/Reps**	**Load**	**Notes**
1	Front Squat	3x6	50% of Back Squat	
2	Military Press	3x5	40% of Bench Press	
3	Barbell Step Up	3x5/leg	30% of Back Squat	
4	Depth Jumps	3x5		
	ROTATOR CUFF SERIES	**Sets/Reps**	**Load**	**Notes**
5a	Quadruped Y's	2x10		
5b	Quadruped T's	2x10		
5c	Quadruped Cobras	2x10		
5d	Quadruped External Rotation	2x10		
5e	Elevated Scap Push-Up	2x10		
	CORE	**Sets/Reps**	**Load**	**Video**
6a	Weighted Plank	3x30s		8fdYpw?list=PLSpwedw8Xj8-tu
6b	Weighted Glute Bridge	3x30s		ruNqOY?list=PLSpwedw8Xj8-tu

				FRIDAY
	WARM-UP			Video
WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		ww.youtube.com/watch?v=VuJ
	Foam Roll	1x20s/side		ww.youtube.com/watch?v=S4A
	RFE Hip Flexor Stretch	1x10/side		ww.youtube.com/watch?v=wrY
	Lat Hip Hinge	1x10		ww.youtube.com/watch?v=Ibo
	Twisted Cross on Ground	1x10/side		ww.youtube.com/watch?v=zkM
	Quadruped T-Spine Rotation	1x10/ea		ww.youtube.com/watch?v=7s
	Bird Dog	1x10/side		ww.youtube.com/watch?v=XQc
	Band Face Pull	1x10		ww.youtube.com/watch?v=wL
	Single Leg Glute Bridge	1x10/side		ww.youtube.com/watch?v=3NX
	Prisoner Squat	1x10		ww.youtube.com/watch?v=97p
	Push-up	1x10		ww.youtube.com/watch?v=0p
	Alt Lateral Lunge w/ Overhead Reach	1x10/side		ww.youtube.com/watch?v=3Q
	Squat Drop Jump	2x3		ww.youtube.com/watch?v=9Ot
	OLYMPIC	**Sets/Reps**	**Load**	**Notes**
1	Power Snatch from Hang (Knee)	3x3	20%	
		3x6	10%	
	STRENGTH	**Sets/Reps**	**Load**	**Notes**
1	Jump Squat	1x2	50%	
		1x2	60%	
		1x2	70%	
		1x1	75%	
		3x1	85%	
2	Push-Press	1x3	55%	
	*your push-press max is roughly 90% of your jerk max	2x3	65%	
		3x3	75%	
		1x2	80%	
3	Hurdle Jumps	3x20	BW	
4	Barbell Shrug	3x5	100% of Power Clean	
	ROTATOR CUFF SERIES	**Sets/Reps**	**Load**	**Notes**
5a	Quadruped Y's	2x10		
5b	Quadruped T's	2x10		
5c	Quadruped Cobras	2x10		
5d	Quadruped External Rotation	2x10		
5e	Elevated Scap Push-Up	2x10		
	CORE	**Sets/Reps**	**Load**	**Video**
6a	Plate Toe Touch	3x25		Toe Touch w/ Plate
6b	Plate Russian Twist	3x25/side		Russian Twist w/Plate on Chest
6c	Plate V-Ups	3x10		V-ups w/ Plate

TECHNIQUE IS THE FOUNDATION OF ALL MOVEMENT

SUMMER WEIGHTS ROUTINE WEEK 10

SPORT:	Football		MONDAY				WEDNESDAY					FRIDAY
WARM-UP			Video		WARM-UP			Video		WARM-UP			Video
WU Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min			WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min			WU	Seated Box Breathing (4 in, hold 4, 4 out, hold 4)	5min		
Foam Roll	1x20s/side				Foam Roll	1x20s/side				Foam Roll	1x20s/side		
RFE Hip Flexor Stretch	1x10/side				RFE Hip Flexor Stretch	1x10/side				RFE Hip Flexor Stretch	1x10/side		
Lat Hip Hinge	1x10				Lat Hip Hinge	1x10				Lat Hip Hinge	1x10		
Twisted Cross on Ground	1x10/side				Twisted Cross on Ground	1x10/side				Twisted Cross on Ground	1x10/side		
Quadruped T-Spine Rotation	1x10/ea				Quadruped T-Spine Rotation	1x10/ea				Quadruped T-Spine Rotation	1x10/ea		
Bird Dog	1x10/side				Bird Dog	1x10/side				Bird Dog	1x10/side		
Band Face Pull	1x10				Band Face Pull	1x10				Band Face Pull	1x10		
Single Leg Glute Bridge	1x10/side				Single Leg Glute Bridge	1x10/side				Single Leg Glute Bridge	1x10/side		
Prisoner Squat	1x10				Prisoner Squat	1x10				Prisoner Squat	1x10		
Push-up	1x10				Push-up	1x10				Push-up	1x10		
Alt Lateral Lunge w/ Overhead Reach	1x10/side				Alt Lateral Lunge w/ Overhead Reach	1x10/side				Alt Lateral Lunge w/ Overhead Reach	1x10/side		
Squat Drop Jump	2x3				Squat Drop Jump	2x3				Squat Drop Jump	2x3		
OLYMPIC	Sets/Reps	Load	Notes		OLYMPIC	Sets/Reps	Load	Notes		OLYMPIC	Sets/Reps	Load	Notes
1 Power Clean	1x3	55%		1	Power Snatch	1x3	50%		1	Power Clean + Push Jerk	1x1+3	55%	
	2x3	65%				1x3	60%				1x1+3	65%	
	1x2	75%				2x2	70%				3x1+3	80%	
	1x2	80%				1x2	75%			*use jerk max			
STRENGTH	Sets/Reps	Load	Notes		STRENGTH	Sets/Reps	Load	Notes		STRENGTH	Sets/Reps	Load	Notes
1 Back Squat	1x5	60%		1	Overhead Squat	4x4			1	Front Squat	3x6		
	2x4	70%					50% of Power Snatch					55% of Back Squat	
	1x3	80%											
	3x2	85%											
2 Push-Press	1x3	55%		2	Bench Press	1x5	65%		2	Military Press	3x5		
*your push-press max is roughly 90% of your jerk max	2x3	65%				2x5	75%					45% of Bench Press	
	1x3	75%				2x3	85%						
3 Barbell Lunges	3x5	40% of Back Squat		3	DB Incline Press	3x5			3	Barbell Step Up	3x5/leg	30% of Back Squat	
4 Barbell Bent Over Row		50% of Bench Press		4	Upright Row	3x5	20% of Power Clean		4	Depth Jumps	3x5		
ROTATOR CUFF SERIES	Sets/Reps	Load	Notes		ROTATOR CUFF SERIES	Sets/Reps	Load	Notes		ROTATOR CUFF SERIES	Sets/Reps	Load	Notes
5a Quadruped Y's	2x10			5a	Quadruped Y's	2x10			5a	Quadruped Y's	2x10		
5b Quadruped T's	2x10			5b	Quadruped T's	2x10			5b	Quadruped T's	2x10		
5c Quadruped Cobras	2x10			5c	Quadruped Cobras	2x10			5c	Quadruped Cobras	2x10		
5d Quadruped External Rotation	2x10			5d	Quadruped External Rotation	2x10			5d	Quadruped External Rotation	2x10		
5e Elevated Scap Push-Up	2x10			5e	Elevated Scap Push-Up	2x10			5e	Elevated Scap Push-Up	2x10		
CORE	Sets/Reps	Load	Video		CORE	Sets/Reps	Load	Video		CORE	Sets/Reps	Load	Video
6a Barbell Toe Touch	3x25		Barbell Toe Touches	6a	Weighted Plank	3x30s		8fdYpw?list=PLSpwedw8Xj8-tu	6a	Plate Toe Touch	3x25		Toe Touch w/ Plate
6b Flutter Kick Holding Barbell	3x25/side		Barbell Flutter Kicks	6b	Weighted Glute Bridge	3x30s		ruNqOY?list=PLSpwedw8Xj8-tu	6b	Plate Russian Twist	3x25/side		Russian Twist w/Plate on Chest
6c Windshield Wipers Holding Barbell	3x10		Barbell Windshield Wipers						6c	Plate V-Ups	3x10		V-ups w/ Plate

TECHNIQUE IS THE FOUNDATION OF ALL MOVEMENT

REP MAX CHART

Estimated Max	Test Weight
215-240	185
240-270	205
270-295	225
295-335	255
335-360	275
360-385	295
385-410	315
410-440	335
440-475	365
460+	405

THE NUMBERS DON'T LIE

Reps/Weight	185	205	225	255	275	295	315	335	365	405
2	195	215	235	265	285	305	330	350	380	420
3	200	220	240	275	295	315	340	360	390	435
4	205	230	250	285	305	330	350	370	405	450
5	210	235	255	290	315	335	360	380	415	460
6	220	240	265	300	325	345	370	395	430	475
7	225	250	275	310	335	360	385	410	445	495
8	230	255	280	320	345	370	395	420	455	505
9	235	265	290	325	355	380	405	430	470	520
10	240	270	295	335	360	385	410	440	475	530
11	245	275	305	340	365	395	420	445	485	540
12	250	280	310	345	375	400	430	455	495	550
13	255	285	315	355	380	410	440	465	505	565
14	260	290	320	360	390	420	445	475	520	575

SPEED DEVELOPMENT, AGILITIES, & CONDITIONING

MONDAY

Perform this workout before weights

Warm-Up

DRILL	REPETITIONS	REST
1. Jumping Jacks	x10	
2. Air Squats	x10	
3. Knee Hug ->Sprint	10yds->10yds	
4. Walking Hamstring ->Sprint	10yds->10yds	C
5. Opposite Quad->Sprint	10yds->10yds	o
6. Inchworm ->Sprint	10yds->10yds	n
7. Forward, Backwards, Lateral A-Skip ->Sprint	10->10yds/ea	t
8. Forward, Backwards, Lateral High Knees ->Sprint	5->10yds/ea	i
9. Straight Leg Standing Toe Touch	x10 count	n
10. Feet Apart Stretch (Middle, Right, Left)	x10 count/ea	u
11. Hip Flexor Stretch	x10 count	o
12. Hurdler Stretch	x10 count	u
13. Elbow to Instep Stretch	x10 count	s
14. Lunge w/Twist to Up Leg	x10 count	
15. 2 Foot Line Hops (side to side, front to back)	x10s/ea	
16. 1 Foot Line Hops (side to side, front to back)	x10s/ea	

Run Pre Workout

DRILL	REPETITIONS	REST
1. Wall Drill	3x3ea.	
2. Broad Jumps	2x20yds	walk back + :30
3. **Falling Starts**	2x10yds ea.	walk back
4. Kneeling Starts	2x15yds ea.	walk back + :15
5. Lateral Kneeling Starts	2x10yds ea.	walk back

rest 2:00

Speed Development

7. Sprints (position specific)		
•Week 1	10x10yds	walk back
•Week 2	10x10yds	walk back
•Week 3	8x10, 2x20yds	walk back
•Week 4	8x10, 2x20yds	walk back
•Week 5	6x20, 4x20yds	walk back
•Week 6	4x10, 4x20, 2x30yds	walk back
•Week 7	4x10, 4x20, 2x30, 2x40yds	walk back
•Week 8	4x10, 4x20, 1x30, 40, 50yds	walk back
•Week 9	4x10, 20, 40yds	walk back
•Week 10	4x10, 20, 40yds	walk back
•Week 11	Test 10, 40yd Dash	

*Take 2:00 recovery between each set of sprints

TUESDAY

Warm-Up

DRILL	REPETITIONS	REST
1. Jumping Jacks	x10	
2. Air Squats	x10	
3. Knee Hug ->Sprint	10yds->10yds	
4. Walking Hamstring ->Sprint	10yds->10yds	C
5. Opposite Quad->Sprint	10yds->10yds	o
6. Inchworm ->Sprint	10yds->10yds	n
7. Forward, Backwards, Lateral A-Skip ->Sprint	10->10yds/ea	t
8. Forward, Backwards, Lateral High Knees ->Sprint	5->10yds/ea	i
9. Straight Leg Standing Toe Touch	x10 count	n
10. Feet Apart Stretch (Middle, Right, Left)	x10 count/ea	u
11. Hip Flexor Stretch	x10 count	o
12. Hurdler Stretch	x10 count	u
13. Elbow to Instep Stretch	x10 count	s
14. Lunge w/Twist to Up Leg	x10 count	
15. 2 Foot Line Hops (side to side, front to back)	x10s/ea	
16. 1 Foot Line Hops (side to side, front to back)	x10s/ea	

Conditioning

2. 53's (across field)		
•Week 1	2x5	:20
•Week 2	2x7	:20
•Week 3	2x6	:20
•Week 4	2x8	:20
•Week 5	2x7	:20
•Week 6	2x9	:20
•Week 7	2x8	:20
•Week 8	2x9	:20
•Week 9	3x6	:20
•Week 10	**OFF**	
•Week 11- Test Vert, Broad Jump		

Target Times

Skill	<:07
Big Skill	<:08
Heavy Skill	<:09

*Take 1:30 recovery between sets

THURSDAY

Warm-Up

DRILL	REPETITIONS	REST
1. Jumping Jacks	x10	
2. Air Squats	x10	
3. Knee Hug ->Sprint	10yds->10yds	
4. Walking Hamstring ->Sprint	10yds->10yds	C
5. Opposite Quad->Sprint	10yds->10yds	o
6. Inchworm ->Sprint	10yds->10yds	n
7. Forward, Backwards, Lateral A-Skip ->Sprint	10->10yds/ea	t
8. Forward, Backwards, Lateral High Knees ->Sprint	5->10yds/ea	i
9. Straight Leg Standing Toe Touch	x10 count	n
10. Feet Apart Stretch (Middle, Right, Left)	x10 count/ea	u
11. Hip Flexor Stretch	x10 count	o
12. Hurdler Stretch	x10 count	u
13. Elbow to Instep Stretch	x10 count	s
14. Lunge w/Twist to Up Leg	x10 count	
15. 2 Foot Line Hops (side to side, front to back)	x10s/ea	
16. 1 Foot Line Hops (side to side, front to back)	x10s/ea	

Speed Development

2. 2-Cone Agilities		
•Backpedal Figure 8, Sprint	x2 ea way	:30
•Sprint, Sprint	x2 ea way	:30
3. 5-10-5 Shuttle	x3 ea way	1:00
4. 30yd Build Up	x3	1:30
5. Top Speed Sprints		
•Week 1-Flying 10's	x4	3:00
•Week 2-Flying 10's	x5	3:00
•Week 3-Flying 20's	x3	3:00
•Week 4-Flying 20's	x4	3:00
•Week 5-Flying 30's	x2	4:00
•Week 6-Flying 30's	x3	4:00
•Week 7-Flying 40's	x2	5:00
•Week 8-Fast-Easy-Fast (10yd intervals)	x4	3:00
•Week 9-Fast-Easy-Fast (15yd intervals)	x3	4:00
•Week 10-Fast-Easy-Fast (20yd intervals)	x2	5:00
•Week 11-Test 5-10-5 Shuttle		

FRIDAY

Perform this workout after weights

1. 110yd Run		
•Week 1	6	:45
•Week 2	8	:45
•Week 3	10	:45
•Week 4	12	:45
•Week 5	14	:45
•Week 6	16	:45
•Week 7	18	:45
•Week 8	20	:45
•Week 9	18	:45
•Week 10	**OFF**	
•Week 11 (Conditioning Test)	16	:45

Target Time

Skill	:17
Big Skill	:19
Heavy Skill	:21